Tips for Parents

60:PLAY
every day. any way.

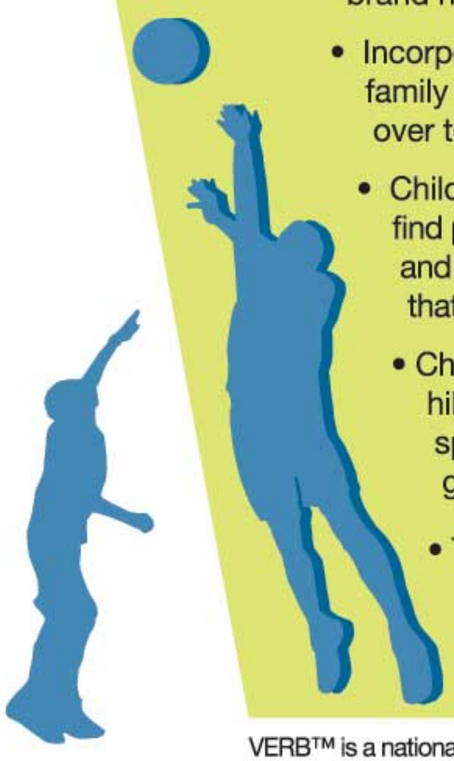
You can increase physical activity in your children's day by making it fun and participating in activities with your kids. Supporting them to lead an active lifestyle now with at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips for promoting active play and reaching that 60-minutes-a-day goal:

At School

- Coach or chaperone a physical activity outside of school.
- Team up with other parents near your home to form "walking school buses" and take turns walking kids to the bus stop or all the way to school.
- Participate in "Walk to School" Day: www.walktoschool.org

At Home

- When your children say they are bored, jump start their bodies and imaginations by challenging them to combine elements of two games or sports to create a brand new activity.
- Incorporate physical activities into birthday parties, family gatherings, and when your kids' friends come over to play.
- Children should be active after school. All children can find physical activities they like to do; offer them choices and let them discover their own interests, but make sure that active play is part of their day outside of school.
- Choose activity-oriented gifts such as a jump rope, hiking shoes, or fitness club membership. Used sporting goods a stores offer some great treasures for gear at lower prices.
- Turn on music to get bodies moving while indoors and even to liven up household chores.



On Outings or Trips

- Instead of touring in an automobile, explore different sights on foot or on a bike.
- Plan family outings and vacations that involve walking, swimming, bicycling, or paddling.

In the Community

- Learn which sports and activities your kids enjoy doing and locate lessons or clubs for them. Some children thrive on team sports; others like individual activities or being active with friends in a noncompetitive way.
- Take advantage of your city's recreational opportunities – from soccer leagues to "fun runs" to walking tours.
- Involve your children in jobs or community service activities that they enjoy and that get them moving, such as planting in the local park or helping neighbors with cleaning, dog walking, or yard work.
- Find outdoor activities through nature groups or hiking clubs, and take your family on an outing.

60 Minutes is the Goal

Only 32% of children in the United States attend physical education classes daily, so kids need your support and encouragement to be active – especially outside of school – for 60 minutes a day.

The lack of physical activity among children contributes to health problems. Healthy habits must begin early in life – with your help.

VERB™ is a national campaign of the Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) to increase physical activity among children aged 9-13 years. For more information, visit www.VERBparents.com To download additional copies of this tip sheet visit www.cdc.gov/VERB and click on "Materials."

Included are several tips from the American Heart Association's *Tips for Raising Heart-Healthy, Active Children.*